

# Grains/Breads Servings for Grades K-12 in the Afterschool Snack Program

The ASP meal pattern for grades K-12 lists the required amount for the grains/breads component in servings. The U.S. Department of Agriculture's (USDA) [Exhibit A: Grain Requirements for Child Nutrition Programs](#), summarizes the servings for nine groups (A-I) of grain foods. The chart in this document lists the Exhibit A grain servings that apply to the meal patterns for grades K-12 in the Afterschool Snack Program (ASP) of the National School Lunch Program (NSLP).

The amount of a creditable grain food that provides one serving of the grains/breads component varies because different types of foods contain different amounts of creditable grains. For example, to credit as one serving, a roll must weigh 25 grams and a blueberry muffin must weigh 50 grams. The minimum amount that credits toward the grains/breads component is  $\frac{1}{4}$  serving.

## Creditable grain foods

To credit as the grains/breads component in the ASP meal pattern for grades K-12, grain products and recipes must be made with creditable grains. Creditable grains include whole grains, enriched grains, bran, and germ. **Note:** Bran and germ do not credit in the NSLP and School Breakfast Program (SBP) meal patterns for grades K-12.

Creditable foods include products and recipes that are enriched, whole grain, or whole-grain rich (WGR). Creditable cooked and ready-to-eat (RTE) breakfast cereals include products that are enriched, whole grain, WGR, or fortified. For additional guidance on creditable grains, refer to the Connecticut State Department of Education's (CSDE) resources, [Crediting Whole Grains in the NSLP and SBP](#), [Crediting Enriched Grains in the NSLP and SBP](#), and [Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP](#).

The ASP meal pattern for grades K-12 does not have a WGR requirement. The CSDE encourages SFAs to serve WGR foods (including 100 percent whole grains) most often.

## Using the grains/breads servings chart

This chart determines the required quantity for commercial grain products and may also be used for recipes if the menu planner knows the **weight** of the prepared (cooked) serving. If the recipe does not provide this information, the average weight per serving can be determined by weighing several servings of the recipe (refer to the CSDE's [Yield Study Data Form for Child Nutrition Programs](#)). For guidance on determining the grains/breads servings in a commercial grain product or a recipe, refer to the CSDE's resource, [Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP](#).

## Grains/Breads Servings for Grades K-12 in the ASP

Group A	Minimum Serving Size for Group A
Bread-type coating Bread sticks, hard Chow mein noodles Crackers, savory, e.g., saltines and snack crackers Croutons Pretzels, hard Stuffing, dry ( <i>weights apply to bread in stuffing</i> )	1 serving = 20 grams or 0.7 ounce $\frac{3}{4}$ serving = 15 grams or 0.5 ounce $\frac{1}{2}$ serving = 10 grams or 0.4 ounce $\frac{1}{4}$ serving = 5 grams or 0.2 ounce
Group B	Minimum Serving Size for Group B
Bagels Batter-type coating Biscuits Breads, e.g., sliced whole wheat, French, Italian Buns, hamburger and hot dog Egg roll skins English muffins Pita bread, whole wheat or whole-grain rich Pizza crust Pretzels, soft Rolls, whole wheat or whole-grain rich Sweet crackers, e.g., graham crackers and animal crackers, all shapes <sup>1</sup> Tortillas, whole wheat or whole corn Tortilla chips, whole wheat or whole corn Taco shells, whole wheat or whole corn	1 serving = 25 grams or 0.9 ounce $\frac{3}{4}$ serving = 19 grams or 0.7 ounce $\frac{1}{2}$ serving = 13 grams or 0.5 ounce $\frac{1}{4}$ serving = 6 grams or 0.2 ounce
Group C	Minimum Serving Size for Group C
Cookies, plain, including vanilla wafers <sup>1</sup> Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies <sup>1</sup> , cobblers <sup>1</sup> , fruit turnovers <sup>1</sup> , and meat or meat alternate pies) Waffles	1 serving = 31 grams or 1.1 ounces $\frac{3}{4}$ serving = 23 grams or 0.8 ounce $\frac{1}{2}$ serving = 16 grams or 0.6 ounce $\frac{1}{4}$ serving = 8 grams or 0.3 ounce

## Grains/Breads Servings for Grades K-12 in the ASP

Group D	Minimum Serving Size for Group D
Doughnuts, cake and yeast raised, unfrosted <sup>1</sup> Cereal bars, breakfast bars, granola bars, plain <sup>1</sup> Muffins, all except corn Sweet rolls, unfrosted <sup>1</sup> Toaster pastries, unfrosted <sup>1</sup>	1 serving = 50 grams or 1.8 ounces $\frac{3}{4}$ serving = 38 grams or 1.3 ounces $\frac{1}{2}$ serving = 25 grams or 0.9 ounce $\frac{1}{4}$ serving = 13 grams or 0.5 ounce
Group E	Minimum Serving Size for Group E
Cereal bars, breakfast bars, granola bars, with nuts, dried fruit or chocolate pieces <sup>1</sup> Cookies, with fillings or coverings, nuts, raisins, chocolate pieces or fruit purees <sup>1</sup> Doughnuts, cake and yeast raised, frosted or glazed <sup>1</sup> French toast Sweet rolls, frosted <sup>1</sup> Toaster pastries, frosted <sup>1</sup>	1 serving = 63 grams or 2.2 ounces $\frac{3}{4}$ serving = 47 grams or 1.7 ounces $\frac{1}{2}$ serving = 31 grams or 1.1 ounces $\frac{1}{4}$ serving = 16 grams or 0.6 ounce
Group F	Minimum Serving Size for Group F
Cake, plain, unfrosted <sup>1</sup> Coffee cake <sup>1</sup>	1 serving = 75 grams or 2.7 ounces $\frac{3}{4}$ serving = 56 grams or 2.0 ounces $\frac{1}{2}$ serving = 38 grams or 1.3 ounces $\frac{1}{4}$ serving = 19 grams or 0.7 ounce
Group G	Minimum Serving Size for Group G
Brownies, plain <sup>1</sup> Cake, all varieties, frosted <sup>1</sup>	1 serving = 115 grams or 4 ounces $\frac{3}{4}$ serving = 86 grams or 3 ounces $\frac{1}{2}$ serving = 58 grams or 2 ounces $\frac{1}{4}$ serving = 29 grams or 1 ounce

## Grains/Breads Servings for Grades K-12 in the ASP

Group H	Minimum Serving Size for Group H
Barley Breakfast cereals, cooked <sup>2</sup> Bulgur or cracked wheat Cereal grains, e.g., amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat Macaroni, all shapes Noodles, all varieties Pasta, all shapes Ravioli, noodle only Rice, brown or enriched white	1 serving = ½ cup cooked (or 25 grams dry) ½ serving = ¼ cup cooked (or 13 grams dry)
Group I	Minimum Serving Size for Group I
Ready-to-eat breakfast cereals (cold dry) <sup>2,3</sup>	1 serving = ¾ cup or 1 ounce, whichever is less ½ serving = ⅓ cup or ½ ounce, whichever is less ⅓ serving = ¼ cup or ⅓ ounce, whichever is less
<p><sup>1</sup> Grain-based desserts are often high in sugar, salt, and fat; and should be limited in ASP menus. The USDA recommends not serving grain-based desserts more than twice per week.</p> <p><sup>2</sup> Breakfast cereals may be served in meals other than breakfast.</p> <p><sup>3</sup> RTE breakfast cereals must be whole grain-rich, enriched, or fortified. For more information, review the CSDE's resource, <i>Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP</i>.</p>	

## Resources

Afterschool Snack Program (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program>

Afterschool Snack Program Handbook (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/ASPHandbook.pdf>

Afterschool Snack Program Meal Pattern for Grades K-12 (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/ASP/MealPatternASPgradesK-12.pdf>

Calculation Methods for Grains/Breads Servings for Grades K-12 in the ASP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/ASP/GrainsBreadsCalculationASP\\_gradesK-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/ASP/GrainsBreadsCalculationASP_gradesK-12.pdf)

Comparison of Meal Pattern Requirements for the Grains Component in the School Nutrition Programs (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/ComparisonGrainCreditingSNP.pdf>

## Grains/Breads Servings for Grades K-12 in the ASP

Crediting Breakfast Cereals for Grades K-12 in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditCerealsSNPgradesK-12.pdf>

Crediting Enriched Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditEnrichedGrainsSNP.pdf>

Crediting Whole Grains in the NSLP and SBP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/CreditWholeGrainsSNP.pdf>

Exhibit A Grains Tool (USDA's Food Buying Guide for Child Nutrition Programs):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

Food Buying Guide Exhibit A Grains Tool (USDA):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Food Buying Guide Section 4: Overview of Crediting Requirements for the Grains Component (USDA):

[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Section4\\_Grains.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section4_Grains.pdf)

Food Buying Guide Section 4: Yield Table for Grains (USDA):

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section4\\_GrainsYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section4_GrainsYieldTable.pdf)

Grains/Breads Component for Grades K-12 in the ASP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Afterschool-Snack-Program/Documents#GrainsBreadsK12>

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):

[https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS\\_Grains-Breads\\_Servings\\_Fillable\\_508.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Grains-Breads_Servings_Fillable_508.pdf)

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks— Completed Sample (USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/PFS\\_Example\\_Grains-Breads\\_Servings.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains-Breads_Servings.pdf)

Product Formulation Statements (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/PFS.pdf>

Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs):

<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

# Grains/Breads Servings for Grades K-12 in the ASP



For more information, review the CSDE's [ASP Handbook](#) and visit the CSDE's [ASP](#) webpage or contact the [school nutrition programs staff](#) in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at [https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/GrainsBreadsServingsASP\\_gradesK-12.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/GrainsBreadsServingsASP_gradesK-12.pdf).

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Office of the Assistant Secretary for Civil Rights  
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Washington, D.C. 20250-9410;
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- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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